

WORKBOOK FOR THE UPCOMING MASTER
CLASS WITH TERRI COLE

The Love Blueprint



WORKBOOK

YOUR
ATTACHMENT STYLE
+
ATTRACTION
BLUEPRINT
=
WHO YOU
ATTRACT ROMANTICALLY



YOUR ATTACHMENT STYLE

There are many variables that make up the mystery of how couples find each other. By answering the questions below, you will start to demystify your dating choices and history.

There are three main connection styles: solid, stressed, and avoidant. This is how you perceive and respond to romantic intimacy.

1. Solid

The solid connection style is the most common. If you are solid, you are comfortable with intimacy. You are effective at communicating your needs and feelings to your partner. Solidly connected individuals are reliable and create little drama in relationships. They can also have a stabilizing effect on those with less solid styles of connecting.

2. Stressed

Stressed connection people crave intimacy and are often overly concerned with their relationship and partner. Stressed individuals worry that their partner does not want to be as close as they do. They can be very dialed into their partner's moods and actions, and take things personally. Stressfully connected people do well with solidly connected people but are often attracted to people who make their stressed tendencies worse such as avoidants.

3. Avoidant

Avoidantly connected people equate intimacy with a loss of independence. Because of this, they try to minimize closeness and can be experienced as "emotionally distant." Avoidants desire connection and love but feel suffocated by too much intimacy. They do not easily understand their partner's mental and emotional states. There are many avoidants on the dating scene because short-term relationships are right up their alley.

Knowing your connection style and that of a potential partner can help you avoid dating the wrong person repeatedly.

Now that you have identified your connection style, please move on to the Attraction Blueprint questions.

YOUR ATTRACTION BLUEPRINT

1. What type of romantic partner have you historically been attracted to? (For example: the bad boy, the jock, the nerd, the rebel, the boy next door, etc.)
2. In what ways were past partners alike?
3. What are the first things that attract you to a partner?
4. Do you see any similarities to your parents' or caregivers' relationship and any of your past relationships?
5. Please describe the dominant personality qualities of both of your parents or caregivers.
6. Can you see any of those qualities being ones you're attracted to in a partner?

Create sacred space in your calendar to honor this exercise and this live master class, and I promise you will start to gain clarity about your attraction history.

This deeper self-understanding will give you freedom to make more informed and intentional choices around love & romance.

TERRI COLE PRESENTS:

WHICH OF THESE
4 RELATIONSHIP
ARCHETYPES
IS YOURS?



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RELATIONSHIP ARCHETYPES

Read the descriptions below and choose the one that most closely resembles your relationship.

1) Safety Zone

Both people in this relationship are afraid to upset the other. There is a need for validation from the partner so neither will risk being truly honest. There can be a power dynamic as well, such as in the traditional patriarchal setup where the man has more power. This lack of authentic communication may make connecting on a deep level unlikely.

Key Indicator: Conflict Adverse

2) Blame Game

Both people in this relationship blame the other for their unhappiness. The unhappiness can be played out as constant bickering and fighting or long periods of being withdrawn from each other in anger as punishment. The lack of authentic communication might keep the interaction on a superficial level.

Key Indicator: Unhappiness and Blaming

3) Work in Progress

Both people in this relationship know it takes work to have a good connection and they're willing to do it. They see their union as a combination of ME and WE with an opportunity for personal and couple growth through the relationship. They work as a team, challenge and support each other and speak honestly.

Key Indicator: Honest Communication, Vulnerability

4) Out of Balance

Both people in this relationship know something is wrong but are too enmeshed to change it. The imbalance can include, but is not limited to, addiction, infidelity and abuse. There is usually a high level of codependency and drama. Lack of healthy communication limits the level of true intimacy.

Key Indicator: Chaos and Drama

Once you have chosen your relationship type, please answer the following Relationship Blueprint questions to gain insight.

THE RELATIONSHIP BLUEPRINT:

1. Who does your partner remind you of?
2. Where have you felt like this before? (When you are struggling in your relationship.)
3. Why is the dynamic familiar to you?
4. Are there any similarities between your relationship and your parents' or caregivers' marriage?
5. Did you have any healthy role models for love growing up? If so, who were they and what did you love about their relationship?
6. Create some sacred space in your calendar to marinate on these questions. Allow yourself to be really honest with your answers. Clarity about what's really happening in your relationship is the first step to making it better.

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REWRITE YOUR LOVE STORY:

5 SIMPLE STEPS TO BECOME A MAGNET
FOR REAL LOVE NOW

JANUARY 30TH 10 AM EST & 31 AT 6 PM EST

A free Master Class and assessment to help determine who you attract and how to create a new, healthy relationship.

In this live workshop with psychotherapist and master relationship coach Terri Cole, you will learn:

- ♥ How to Uncover Your Inner Love Blocks
- ♥ How to Re-Write Your Limiting Love Blueprint
- ♥ How to STOP Dating Mr. Wrong
- ♥ How to Harness the Power of Declaring Your Desires
- ♥ How to Stop Over Giving and How to Set Clear Boundaries with Ease.

Make 2017 into the epic year of REAL LOVE.

It's your turn, mama!

5 WAYS TO REIGNITE & REFUEL YOUR RELATIONSHIP IN 2017.

JANUARY 31ST 8 PM EST

A free Relationship Master Class and assessment to help determine where your relationship could use a boost (or the boot)

In this live workshop with psychotherapist and master relationship coach Terri Cole, you will learn:

- ♥ How to Uncover Your Love Blocks
- ♥ The 5 Pillars to Reignite and Refuel Healthy, Vibrant, Real Love
- ♥ The 4 Relationship Archetypes - Decode Your Love Blueprint
- ♥ Over-functioning -Why We Do It and How to Stop!
- ♥ Stop Over-Giving and Start Setting Clear Boundaries

Make 2017 into the epic year of REAL LOVE.